

## WHY SHOULD YOU GET VACCINATED FOR FLU?

Flu is more severe than we may think. Each year it causes:



### DEATH

Over 11,000 deaths in South Africa<sup>1,3</sup>



### SEVERE ILLNESS

Over 45,000 South Africans get seriously sick<sup>1,3</sup>



### HOSPITALISATION

Almost 50 % of the South Africans that get severely ill from flu, need to be admitted to hospital<sup>3</sup>

Getting the flu vaccine is one of the most effective ways to prevent flu.<sup>1</sup>

## MYTHS

**Myth:** I don't have to get the flu vaccine every year<sup>5</sup>

**Fact:** Flu viruses change every year, which affects how sick they make us and how they spread.<sup>3,5</sup>

Flu vaccines only work in our bodies for a certain amount of time. For both these reasons, you must be vaccinated every year.<sup>1,5</sup>

**Myth:** I got the flu vaccine and still got sick, so it doesn't work<sup>5,6</sup>

**Fact:** The vaccine contains inactive viruses so it cannot make you sick. Sometimes you might get other viruses that are circulating that could be mistaken for flu, especially if your immune system is weak.<sup>5,6</sup>

**Myth:** I am pregnant, so it isn't safe for me to get the flu vaccine

**Fact:** Pregnant women are at high risk for developing complicated flu.<sup>3</sup> The flu vaccine can be used at any stage of pregnancy and protects the baby against flu for up to 6 months after it is born.<sup>3</sup>

**Ask your healthcare provider what's new in flu in 2020 and about the flu vaccines available from Sanofi Pasteur.**

Protect yourself, your family and your community against flu by getting a flu vaccine!<sup>1,3</sup>

References: 1. World Health Organization. Influenza (Seasonal). Available from: [https://www.who.int/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal)). Accessed October 2019. 2. Centers for Disease Control and Prevention. Flu Symptoms & Complications. Available from: <https://www.cdc.gov/flu/symptoms/symptoms.htm>. Accessed October 2019. 3. Blumberg L, Cohen C, Dawood H, et al. Influenza NICD Recommendations for the diagnosis, prevention, management and public health response. Available from: [http://www.nicd.ac.za/wp-content/uploads/2017/03/Influenza-guidelines-rev\\_-23-April-2018.pdf](http://www.nicd.ac.za/wp-content/uploads/2017/03/Influenza-guidelines-rev_-23-April-2018.pdf). Accessed October 2019. 4. Centers for Disease Control and Prevention. Cold Versus Flu. Available from: <https://www.cdc.gov/flu/symptoms/coldflu.htm>. Accessed November 2019. 5. Centers for Disease Control and Prevention. Misconceptions about seasonal flu and flu vaccines. Available at: <https://www.cdc.gov/flu/prevent/misconceptions.htm>. Accessed December 2019. 6. World Health Organization. 5 Myths about the flu vaccine. Available from: <https://www.who.int/influenza/spotlight/5-myths-about-the-flu-vaccine>. Accessed December 2019.

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## WHAT'S NEW IN FLU IN 2020?

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# FLU

## WHAT EXACTLY IS **FLU**?

Flu triggers respiratory infections in people, regardless of how healthy they are, or their age.<sup>1,2</sup>



The viruses spread quickly from the infected person through **coughing and sneezing**.<sup>1,3</sup>



## HIGH RISK INDIVIDUALS

Some groups of people are at higher risk of developing complicated flu, which often causes **hospitalisation and death**.<sup>3</sup>

### These groups include:



Individuals **younger than 3 years**



Individuals **older than 65 years**



**Pregnant women**



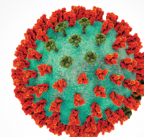
Individuals who are **morbidly obese**



Individuals with **Tuberculosis (TB) or Human Immunodeficiency Virus (HIV)**



Individuals with chronic diseases like **Diabetes** or **Asthma**



## WHAT IS THE DIFFERENCE BETWEEN THE **FLU AND A COLD**?

Different viruses cause **flu** and **colds**.<sup>4</sup>

**Flu is more serious than a cold, with more severe symptoms:**<sup>4</sup>

Signs and symptoms	Cold	Flu
Fever	Uncommon	Common
Chills	Uncommon	Common
Body pains and headache	Sometimes	Common
Sneezing, stuffy nose, sore throat	Common	Sometimes
Chest pain, cough	Sometimes and mild	Common